

Group Exercise and SilverSneakers®

February 2016

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers® Circuit*		SilverSneakers® Circuit*		
9 a.m.							Yoga Core
9:30 a.m.		Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Turf Time for Toddlers SilverSneakers® Classic* Pickleball	SilverSneakers® Circuit*	Pickleball	Cardio X-Train
10:30 a.m.		SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*		ZUMBA® Gold
4:30 p.m.			Adult Drop-in Basketball		Adult Drop-in Basketball		
5:30 p.m.		Vinyasa Flow	Yin Yoga	Fitness Rx Pilates			
6:30 p.m.	Adult Drop-in Volleyball	ZUMBA®	Cardio Kickboxing	Beginning Yoga Body Blast	ZUMBA® Cardio Core Adult Drop-in Volleyball		
7:30 p.m.			Core 360		Core 360		

*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

Excel Tae Kwon Do

**Mondays and Thursdays,
February 22–April 7
5:30–6:30 p.m. • \$50 • Register by 2/28.
For all ages.**

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

SilverSneakers®

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk.



Group Exercise trial weeks Spring I session

Try any class for free Feb. 22–27. This Spring I session runs through April 10.

Spring II session

Try any class for free April 18–23. This Spring II session runs through May 29.



**TWIN LAKES
RECREATION
CENTER**
CITY OF BLOOMINGTON
PARKS AND RECREATION

1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 5 a.m.–10 p.m.
Sat.–Sun.: 7 a.m.–10 p.m.



Twin Lakes Recreation Center

bloomington.in.gov/TLRC

Free, Ongoing Programs for Adults (ages 50 yrs. and up) February 2016

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

Participation in these programs is free and TLRC membership is not required.
For more information about programs and services for adults, call 812-349-3720.

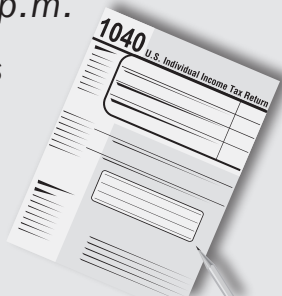
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German

ADDITIONAL ACTIVITIES

AARP Tax Preparation

Wednesdays
9 a.m.–3 p.m.

Thursdays
2–6 p.m.



Legal Counseling

February 1 • 3 p.m.
by Atty. Tom Bunger
Call 812-349-3720
to register.



Breakfast Bash

February 18
8:30–10 a.m.

Registration required.
Call 812-349-3720 to register.

*Sponsored by
Hearthstone Health Campus*

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